

Physical Education, Year 8 Girls, Long Term Plan

Year 8 Girls

| Wek/ Lesson | Term | Topic | Knowledge | Skills Complex activity: Writing genre: |
|----------------|------------------------------|---|---|---|
| 1 | Autumn 1 Invasion | Introduction Skills in isolation | Advances skills & Technique with a key focus on fluidity of movement, control and speed in attempt to outwit/manoeuvre the opponent. | |
| 2 | | Skills in isolation under pressure and in an open environment | <ul style="list-style-type: none"> Advanced skills and techniques developed in open competitive environments with constant pressure on the ball | |
| 3 | | Small sided games | <ul style="list-style-type: none"> Technique and open skills transferred into competitive environment situations with pressure on the player and ball. Game size is adapted to serve the needs of the developing students. | Writing Genre: Importance of Healthy Active Lifestyle |
| 4 | | Utilising space and positional space - small sides games | <ul style="list-style-type: none"> Spatial awareness and positional play explained Specific roles of positions and formational play developed | |
| 5 | | Tactical and strategic play | <ul style="list-style-type: none"> Focus on strategies for offensive and defensive play/organisation. Students actively rearrange their roles and positions depending on the needs of the game, environment, situation and opponent. | |

| | | | | |
|----|-----------------------------|--|---|--|
| 6 | | Monitor and evaluate performance (assessment) Reteach week | <ul style="list-style-type: none"> Evaluation of own and peer performance in relation to skills in isolation and competitive play | |
| 7 | | Interform competition | Application of rules Application of tactics | |
| 8 | | Interform competition | Application of rules Application of tactics | |
| 9 | Autumn2 Net/Wall | Technique and skills. Shots, racquet control and serves. | More advanced techniques and skills broken down into success criteria performed individually and in small groups in conditioned games. Forehand, backhand shot. Short, long, flick serves. Whip, tap, push racquet control. | |
| 10 | | Technique and skills. Shots, racquet control and serves. | More advanced techniques and skills broken down into success criteria performed individually and in small groups in conditioned games. Forehand, backhand shot. Short, long, flick serves. Whip, tap, push racquet control. | |
| 11 | | Technique and skills. Shots, racquet control and serves. | More advanced techniques and skills broken down into success criteria performed individually and in small groups in conditioned games. Forehand, backhand shot. Short, long, flick serves. Whip, tap, push racquet control. | Writing Genre: Explain the job role of an official in sport |
| 12 | | Shot/serve selection to outwit opponent - match play | Development of a range of techniques that are used appropriately depending on where the opponent is. Which shot to play, which serves to start with and which racquet | |
| | | | | |

| | | | | |
|----|---------------------------------|--|---|--|
| | | | control to adopt when playing particular shots. | |
| 13 | | Offensive & defensive play including shot and serve selection - Match play | Specific focus on strategy and technique of offensive and defensive play/shots to outwit opponents and score points. Which shot to play, which serves to start with and which racquet control to adopt when playing particular shots. | |
| 14 | | Monitor and evaluate performance Reteach week | Evaluation of own and peer performance in relation to skills performed and offensive and defensive tactics to outwit opponents in competitive play. | Written Analysis in the style of a coaches report. |
| 15 | | Interform Competition | Application of Rules Application of skills Application of tactics and strategies | |
| 16 | | Interform Competition | Application of Rules Application of skills Application of tactics and strategies | |
| 17 | Spring T1 Gymnastics | Strength/basic balance shapes | Know the importance of strength, flexibility and balance for gymnastics Recognise the difference between Patch and point balances | Perform strength and flexibility exercises Explore basic individual balances Introduce balance/plank challenge Demonstrate patch and point balances |
| 18 | | Counter balance/tension in pairs | Know the difference between counter tension and counter balance | Writing Genre: Importance of hydration Perform counter balance/tension Apply to a short routine using travel/transitions |
| 19 | | Small / large group balances Intro to flight | Explore balances and create a short routine Use small apparatus | Focus on control, core strength, stillness Apply levels, travel, mirror and cannon |
| 20 | | Formal assessment week Performances/ reviews | Elements of a routine Perform to an audience Review performance | Perform routine and evaluate May use video recordings |

| | | | | |
|----|-------------------------------------|----------------------------------|---|--|
| 21 | Spring T2 Fitness | Fitness CV | Understand the fundamentals of Cardiovascular endurance and its application, advantages/disadvantages and their effect on the body | Methods of training CV (continuous/fartlek/interval) |
| 22 | | Muscular endurance | Understand the fundamentals of Muscular endurance and its application, advantages/disadvantages and their effect on the body | Methods of training muscular endurance Safety - Use of simple equipment |
| 23 | | Power / strength | Understand the fundamentals of Power and its application, advantages/disadvantages and their effect on the body | Writing Genre: Importance of warm up and cool downs Methods of training power (strength) |
| 24 | | Agility/balance /coordination | Understand the fundamentals of ABC and its application, advantages/disadvantages and their effect on the body. | Catching games Use equipment and be able to accurately set up. Design drills to improve these skills |
| 25 | | Testing | Know which tests can be used for a range of components of fitness | Perform the fitness tests safely, with accurate results and review/ compare. |
| 26 | | Formal assessment Testing | Remaining tests | |
| 27 | Summer T1 Strike & field | Fielding | Advanced fielding techniques are developed with a key focus on fluidity and speed of retrieval | |
| 28 | | Bowling | Advances bowling techniques are developed with a key focus now on accuracy, speed and spin (Variation bowling) | |
| 29 | | Batting | Advances batting techniques are developed through skills in isolation and gameplay with a key focus on using a variety of shots depending on the type of ball delivered | Writing Genre: Research local jobs in sport and leisure and create a job description using a template. |
| 30 | | Gameplay Reteach week | Gameplay with a focus on students being self sufficient in managing the rules and tactics of gameplays | Application of rules tactics positional awareness |

| | | | | |
|----|------------------------------------|----------------------------|---|--|
| | | | | role requirements |
| 31 | | Gameplay & Assessment | Self and peer assessment of technique and application into gameplay | Shot selection, bowling variation, technique shown in competitive scenarios |
| 32 | | Interform competition | Full gameplay - form v s form | |
| 33 | Summer T2 Athletics | Running (Sprinting) | Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event. | Officiating analysis communication |
| 34 | | Running (Pacing) | Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event. | analysis communication Officiating |
| 35 | | Throwing (1st discipline) | Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event. | Writing Genre: Explain the importance of principles of training and how it improves your performance |
| 36 | | Throwing (2nd discipline) | Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event. | Officiating analysis communication |
| 37 | | Jumping (1st discipline) | Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event. | Officiating analysis communication |
| 38 | | Jumping (2nd discipline) | Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event. | Officiating analysis communication |
| 39 | | Interform Competition | Application of skills and techniques | Performing skills correctly with confidence |
| 40 | | SPORTS DAY | Application of skills and techniques | Performing skills correctly with confidence |